

Lisa & Sarah
Kids Ink
5B Hamilton St,
Gisborne 3437

Kids Art @ Kids Ink

Term 4 2025

- * Term 4 2025 - Runs from Monday 6th October - Friday 19th December
First art session is Thursday 9th October.
- * **NEED A FILL IN FOR WEEK - 8 (Courtney in Japan)**
- * **11 art making sessions for all clients**

About Kids Art @ Kids Ink

The Kids Art Club is a space for creative young things who have a passion for all things arty. The term program is designed for kids aged 6-12, and will focus on having fun, expressing ourselves, and learning techniques that foster creativity, emotional regulation and social connections. We will explore a range of materials and art techniques, and learn about some amazing artists in the process. Your young artist will have the opportunity to use painting, drawing, collage, assemblage, and sculpture to create their own masterpieces.

Date and time:

Term 2 Thursdays: Mixed age 4:30-5:30pm

Term 2 Fridays: Juniors 4-5pm, Seniors 5-6:30pm

Structure: Each class will focus on mindfulness, personal expression, and inquiry based art making.

The sessions are full of art-play, experimentation, and investigation. We aim to produce one finished piece per week in order to grow art skills, social skills, and experience the therapeutic benefits of art making. Artists are encouraged to focus on the experience of art making, rather than the final outcome of the artefact, aiming to boost their creative confidence, and foster their unique creativity.

Materials: All materials are provided, and artists can decide to leave behind, or take their creations home to continue working or show off to family and friends. Often, there are excess supplies that can be taken home to continue the creative flow!

What to bring: It is advised that artists have an old shirt, apron, or art smock as art can get messy! Also, a water bottle - art making is thirsty work!

Suitability: Art club is for passionate and enthusiastic kids who want to strengthen their skills, and build connections with other like minded individuals. Remember, there is no good or bad - just art. All art is art, and everyone is an artist. Our groups cater for a diverse range of personalities and abilities - we are a safe, welcoming and supportive place.

Your teacher: All sessions are led by Courtney Schrader, a qualified Art Therapy Practitioner. With over 20 years of art and making experience, she has a passion for empowering young people, and sharing her knowledge of how therapeutic art can benefit everyone. Courtney is also a practicing artist and career photographer.

Classes: The class size can accommodate 8-10 students to ensure plenty of one-on-one tutoring and support.

Location: Kids Art Club sessions are held in the beautiful, intimate, light filled studio space of Kids Ink, 5 Hamilton Street, Gisborne.

Investment: The cost for Art Club is \$_____ for the **11** week term. Please note this is strictly a term booking, and we do not offer casual classes

Key skills/benefits: Fine and gross motor skills, problem solving, proprioception, bilateral coordination, hand/eye coordination, cognitive flexibility, problem-solving, motor planning, cognition, visual-spatial processing, decision making, communication, non-verbal expression, mindfulness, self-esteem, relaxation, self-regulation, creativity, imagination, teamwork, social skills, and creative confidence.

Artists will also gain a deeper understanding of artistic elements such as colour, line, shape, and form etc, as well as the fundamental principles of design such as balance, proportion, and emphasis. They will learn the importance of developing a consistent artistic practice to develop their skills and build their confidence as emerging artists.

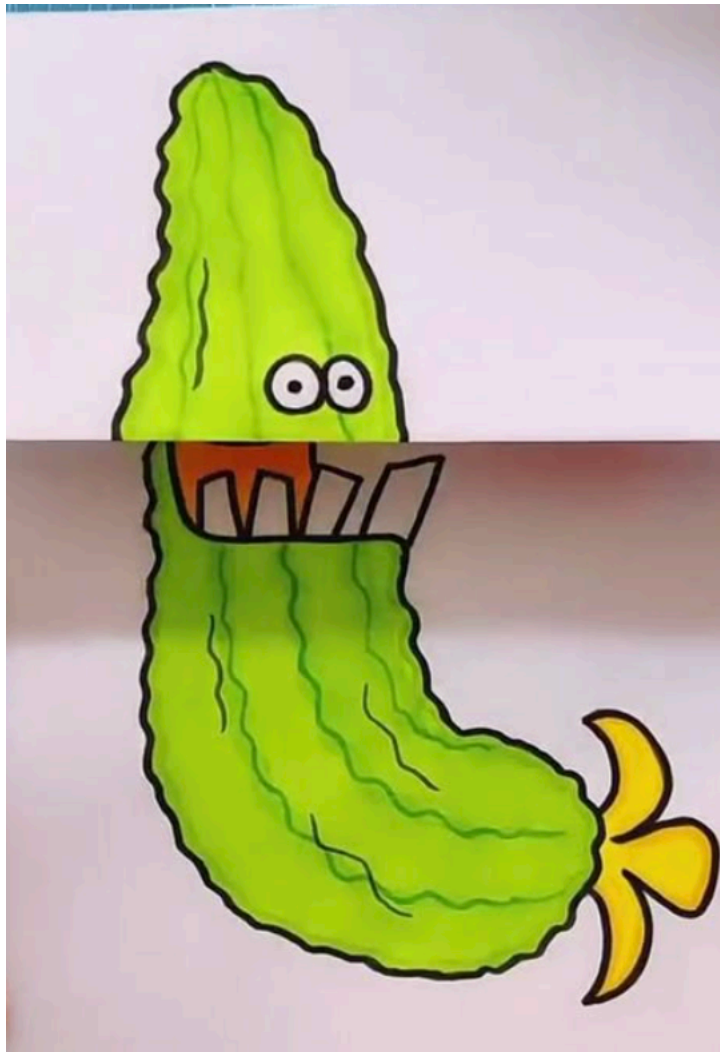
Thursday Mixed & Friday Junior Lesson Planning

COURTNEY

Week 1 - Thursday 9th October/Friday 10th October

Feelings Monsters

Materials: A4 paper, pencils, textas,



Activity: Discuss different feelings (happy, angry, scared, excited). Each artist will create a 'Feelings Monster' showing how they feel today, using colours & shapes that match their mood.

Goals and Therapeutic Focus: Identify and express emotions through playful imagery. Builds emotional vocabulary and awareness in a non-threatening way.

COURTNEY

Week 2- Thursday 16th October/Friday 17th October

Colours of Me

Materials: Paper or art board, textas, crayons, scissors, glue, light for silhouettes



Activity:

Children draw a large outline of themselves and fill it with colours, patterns, and symbols representing who they are.

Goals and Therapeutic Focus: Explore self-identity and self-esteem. Promotes self-expression and recognition of unique qualities. Discuss what colours or patterns show their personality (optional)

COURTNEY

Week 3 - Thursday 23rd October/Friday 24th October

My Home

Materials: Paper, pencils, glue



Activity: Ask children to imagine where they feel calm, safe, and “at home” (real or imaginary) make an origami model, and decorate this home. Include sensory details like smells, sounds, and textures.

Goals and Therapeutic Focus: Build self-soothing imagery and emotional safety. Encourages grounding and self-regulation. Children describe one comforting element from their picture (optional).

COURTNEY

Week 4 - Thursday 30th October/Friday 31st October

Halloween Bat Puppet

Materials: Printed bat template, textas, pencils, split pins, popsicle sticks, masking tape, thread



Activity: Using the pre-printed template, artists will create a moving bat puppet for Halloween.

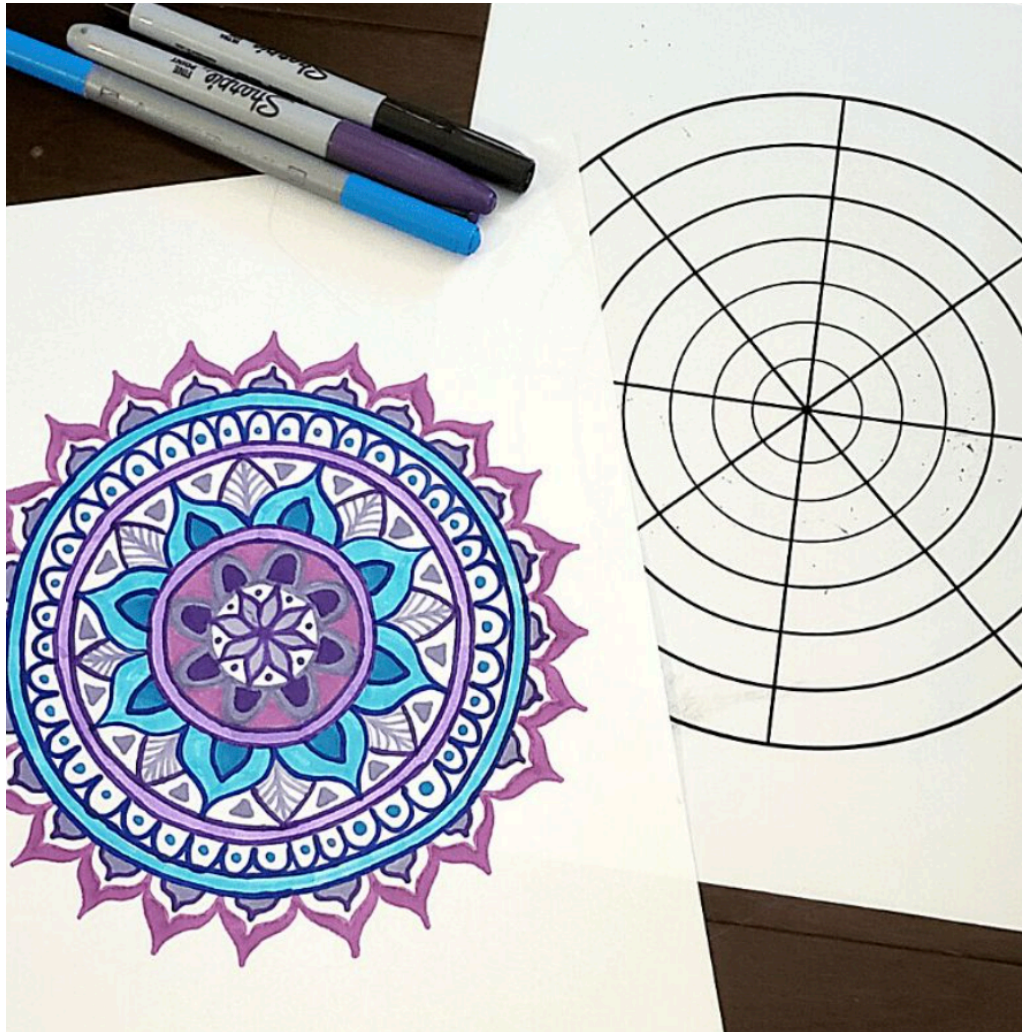
Goals and Therapeutic Focus: Use artistic and fine motor skills, follow instructions. Encourages art making for fun and relaxation. Promotes mechanical awareness.

COURTNEY

Week 5 - Thursday 6th November/Friday 7th November

Calming Mandalas – Balance in the Circle

Materials: A4 paper, mandala template, coloured pencils, textas



Activity: Children draw repeating patterns within circles, focusing on balance, rhythm, and colour choice.

Goals and Therapeutic Focus: Promotes mindfulness and emotional balance while enhancing sensory focus

COURTNEY

Week 6 - Thursday 13th November/Friday 14th November

Texture Rubbing Art – What’s Beneath the Surface

Materials: Paper, crayons, oil pastels, textures eg: coins, rocks, keys, plants etc



Activity: Artists use crayons to gently rub over different textured surfaces (tables, coins, leaves, etc.) to create texture collages.

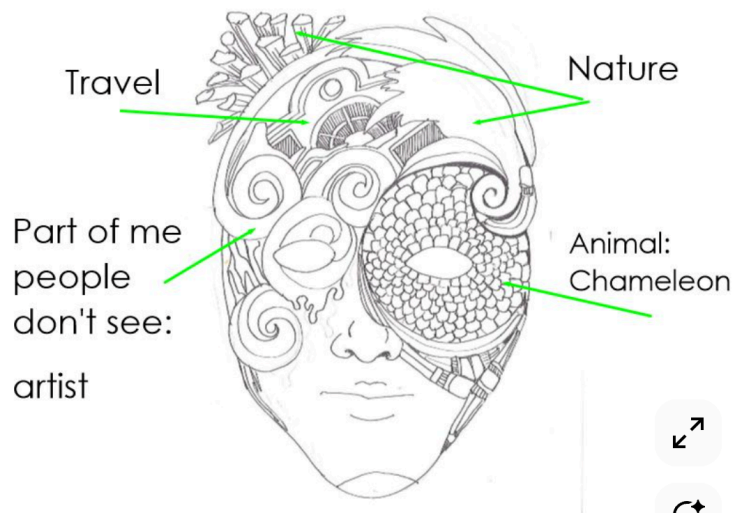
Goals and Therapeutic Focus: Encourage mindfulness and awareness through tactile exploration. Builds sensory awareness, curiosity, and present-moment focus. Children may link textures to emotions (e.g., rough feels like anger).

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Week 7 - Thursday 20th November/Friday 21st November

Magic Masks

Materials: Paper plates, popsicle sticks, scissors, textas, feathers, collage materials, glue



Activity: Artists will create a double sided mask - Front of mask: how they show themselves to others. Back of mask: aspects of themselves that others might not see

Goals and Therapeutic Focus: Explore inner and outer worlds. Encourages reflection on emotional expression, authenticity, and reminds artists that we should not 'judge a book by it's cover'

REPLACEMENT REQUIRED

Week 8 - Thursday 27th November / Friday 28th November

Pocket Pals

Materials required: River stones, acrylic paint pens, glue, google eyes, printed pocket pal note



Activity: Artists use acrylic markers to create their own pocket pal to use as a grounding/ self-soothing tool when feeling overwhelmed.

Goals and Therapeutic Focus: Develop emotional awareness, regulation, and externalisation skills. Linking creative process with emotional self-regulation and mindfulness. Encouraging discussion around emotions, empathy, and supportive relationships.

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Week 9 - Thursday 4th December/Friday 5th December

Japanese Paper Lanterns

Materials required: Patterned origami paper, scissors, string, tape



Activity: Artists will choose from various Japanese origami paper, and create their own paper lantern decoration. They will learn about the significance of paper lanterns in Japanese culture - particularly as decorations in Shinto and Buddhist shrines. They are said to be symbols of good luck and happiness, and signify enlightenment and purification.

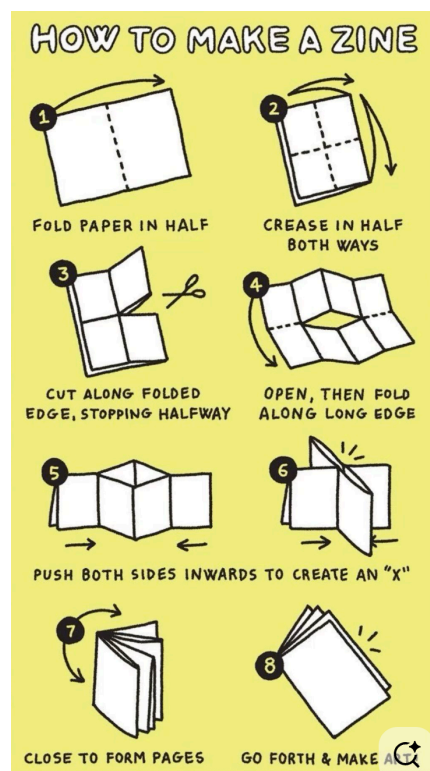
Goals and Therapeutic Focus: Promote self-expression through creative design, develop cultural awareness through exploration of ancient traditions. Encourage calm focus and self-reflection through gentle repetitive making. Promote respect and curiosity for cultural diversity.

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Week 10 - Thursday 11th December/Friday 12th December

Illustrated mini books

Materials: A4 paper, pencils, scissors, glue, coloured pencils, drawing books, character cue sheets, story prompts



Writing Prompts

- If you were a super hero, what would your superpowers be?
- I woke up one morning and I was a bird.
- I was camping with my family when
- If I was a fly, I would
- Would you like to be famous? Why or why not?
- Write about the best day you ever had.
- You wake up and you are the teacher. What would you do?
- What would the world be like without books?
- What animal is the most interesting to you and why?
- What job would you never want to do?
- What is your least favorite chore?
- If you could have any animals as a pet, what would you choose?
- Where do you want to go on vacation and why?
- On a dark, spooky night
- Describe your dream house.
- If you had 1 million dollars, what would you do with it?
- Where should our class go on a field trip and why?
- One day you wake up and you're invisible.
- Write a funny story about a mouse and a moose.

Activity: Artists will fold their own 'zine' or mini book then illustrate it as they choose. They could choose to make a story, or fill with individual drawings of their choice.

Goals and Therapeutic Focus: Promotes self-expression, imagination, and narrative thinking through illustration and creative writing of their own story. Encourages exploration of personal themes, ideas, and values through creative storytelling. Supports emotional processing, identity development, confidence, and autonomy.

NB: ENSURE NOTE IS SENT HOME REGARDING CHRISTMAS TREE CONE ACTIVITY FOR WEEK 11 - ALLERGEN LIST

COURTNEY

Week 11 - Thursday 18th December/Friday 19th December

Edible Christmas Trees

Materials required: Paper plates, waffle cones, green dyed premix icing, smarties, sprinkles, popsicle sticks



Activity: Getting into the Christmas spirit with carols and treats, artsits will create their own edible Christmas tree to take home. Early finishers will be able to do Christmas themed colouring sheets.

Goals and Therapeutic Focus: Celebrating community, friendship, and festive traditions through fun, creative crafting.

Senior Lesson Planning

This term our focus is: 3D modelling

Activity: My Recycled Dream House

Design, build and decorate a model house using recycled materials

Goals:

- * Encourage self-expression and imaginative thinking through the design and construction of a personal space.
- * Foster environmental awareness and responsibility by using recycled and sustainable materials.
- * Build problem-solving, planning, and fine motor skills through 3D creative construction.
- * Enhance self-esteem and autonomy by giving artists full creative control over their project.

Therapeutic Focus:

- * Promote emotional expression and exploration of personal identity through the symbolism of “home” as a safe and meaningful space.
- * Encourage mindfulness, patience, and collaboration through hands-on making.
- * Support resilience and adaptability by transforming discarded materials into something unique and valuable, reinforcing themes of renewal and self-worth.











